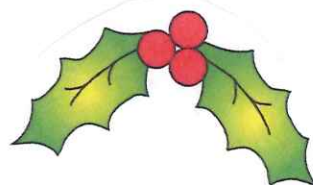


Up-Island Council on Aging
508-693-2896



~ December 2014 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|--|--|---|---|--|-----------|
| | 1 10:00 Pilates 11:15 Yoga  | 2 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking | 3 8:15 Balletics 1:00 Mah Jong 2:30 Walking Group | 4 8:30, 9:30 Strength Training 12:30 Lunch | 5 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color | 6 |
| 7 | 8 10:00 Pilates 10:30 Vineyard Isle Parkinsonians Support Group 11:15 Yoga | 9 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking 11:30-2:00 Blood Pressure Clinic | 10 8:15 Balletics 1:00 Mah Jong 2:30 Walking Group  | 11 8:30, 9:30 Strength Training 12:30 Lunch | 12 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color  | 13 |
| 14 | 15 10:00 Pilates 11:15 Yoga 1:30 MV Museum Presents: Nancy Luce "Chicken Lady" *508-693-2896 to register.  | 16 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking | 17 8:15 Balletics 1:00 Mah Jong Falmouth Shopping Trip with Ellen! **Call to Sign up** Patti Mello Legal Clinic | 18 8:30, 9:30 Strength Training 12:30 Holiday Lunch Followed by a special musical performance by the West Tisbury Elementary School. | 19 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color **NEW** 10:00- 2:00 Chair Massage with Eclipse Massage | 20 |
| 21 | 22 10:00 Pilates 11:15 Yoga | 23 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking | 24 8:15 Balletics Office Closed at 12:00  | 25 CLOSED | 26 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color  | 27 |
| 28 | 29 10:00 Pilates 11:15 Yoga  | 30 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking | 31 8:15 Balletics 10:30 Book Club 1:00 Mah Jong 2:30 Walking Group | On-Going Services: CORE (mental health counseling referrals), SHINE (health insurance counseling), SNAP (formerly food stamps), fuel assistance, medical equipment loans, File of Life, free notary services. | | |